



How To Train Your Brain !!...Dealing with Stress & Anxiety.. Tapping!



Other Fun Stuff!?!?



The 'Communication Station' !! .How to ...Listen With Your Eyes, Talk Without Words, Spot a Safe Person To Talk To & More !!



Top Tips For 'Surfing' The Waves Of Life !



Make New Friends & How To Be Your Own Bestie !!



Snacks and Free Stuff !

'SURFS BITESIZE !'



'SURFS Bitesize' is a, Safe, Fun-Packed, Supportive & Free Thinking Social Space To Learn How To 'Ride the Wave' Into Secondary School !



There will be music, games, giggles, the cheese game!, nibbles & Much More !!

SURFS is brought to you by Plymouth-Based not-for-profit

Summerhouse Services

We look forward to meeting you soon !

www.summer-house.org

